



**8th Adamant 20 Miler
or 2 Person Relay**
Sunday, May 6, 2018 at 10 a.m.

Run scenic out and back course on dirt roads with ponds and hills through Calais and Woodbury.

- ! Great training race for Vermont City Marathon!
- ! Aid Stations every 2 miles
- ! Hearty, warm post race soups and bread

2 person Relay

- ! Relay leg 1: 13 miles out, leg 2: 7 miles back with portolet and parking near exchange
- ! Each participant must register individually, please specify leg and partner when registering
- ! Participants responsible for own transportation or carpooling to/from exchange point

Directions: From Montpelier, follow Main St. through the roundabout and up the hill. Main St. becomes County Rd. At 6 miles from the roundabout turn right on Haggett Rd. In 1.1 miles, turn L on Martin Rd. The Adamant Community Club is on your R. Please park as directed by signs and volunteers.

Registration Race Day 8:30-9:45 a.m. Adamant Community Club , 1161 Martin Rd, Adamant
For More information call Donna Smyers 802-229-4393 dosmyers@gmail.com

Please Print Clearly

OFFICIAL ENTRY FORM – May 6, 2018 ADAMANT 20 MILER

Name: _____ **Sex:** M ___ F ___ **Age on Race Date:** _____

Event: (circle 1) 20 Mile Run Relay leg 1 Relay leg 2 Relay Partner Name _____

Email: _____ **Address:** _____

City _____ **State:** _____ **Zip:** _____

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the event. I assume all risks associated with participating in this event including, but not limited to, falls, contact with other participants, local animals, the effects of the weather, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that running with a baby jogger or pet is prohibited. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Central Vermont Runners, Adamant Community Club., and all sponsors, their representatives and successors from all claims and liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to the foregoing to use my photographs or any other record of this event for any legitimate purpose. I understand that this event does not provide for refunds in the event of a cancellation which may arise from extreme weather or other unforeseen circumstances.

Signature: _____ Date: _____

Signature of parent or guardian if participant under 18 years of age. Date: _____

See more information online at: http://www.cvrrunners.org
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Entry Fee: \$25 by 5/1, \$30 Race Day
Payable to CVR c/o Donna Smyers, PO Box 102, Adamant VT 05640